

IT'S ALL CONNECTED

ISSUE 337 SEPTEMBER 2019

100% CANADIAN

SINCE 1982

common ground

FREE MAGAZINE

It's about bloody time!

DIGGING UP THE TRUTH OF 9/11

THE POWER OF MENSTRUAL

RESILIENCE TO CHANGE

STARWISE LAST COLUMN

WANTED A NEW MYTHOLOGY

SHARI ULRICH'S BACK TO SHORE

TRUST YOURSELF & THE UNIVERSE

REMEMBERING ARNE HANSEN 1951-2019

From purity comes
great strength.



joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

ConcenTrace®

Replace Exactly What's Missing

Anderson's ConcenTrace® contains ionic elements required for metabolism.

Anderson's
Health Solutions™



Benefit #5:

Enhance The Body's Conductivity

Each of your cells has its own function. To complete its task, each one uses positively and negatively charged ions, aka electrolytes or ionically charged elements, to constantly attract nutrients and repel waste through a mechanism known as the ion pump. When you have enough electrolytes for the ion pump to outpace the cell's workload, you experience stamina. Insufficient electrolytes leads to too much waste and too few nutrients, causing fatigue. Only minerals in the ionic electrolyte form, such as naturally found in Anderson's ConcenTrace®, can accomplish this vital metabolic role.

Consuming Anderson's ConcenTrace® from Utah's Great Salt Lake replaces the same missing elements that were once in the soil. Nothing more, nothing less.

— For a growing list of reasons why you will benefit from consuming Anderson's ConcenTrace®, please visit our website. —

© 2019, Matthew Anderson

Anderson's
Health Solutions™

CALL!▼

801-645-2518

CLICK!▼

www.andersonshs.ca



bcbudrub.com



amazon

THE SALVE
FOR
SORE MUSCLES
& JOINTS
ABRASIONS
RASHES
CUTS

AVAILABLE AT

AAA Dispensary
Charlie Brown's Health Foods
Chemainus Health Food Store
Colwood Nutrition House
Country Grocer
Garden Health Vitamins
Heaven on Earth
Lifestyle Markets
Lynn's Vitamin Gallery
Nature's Fare
Nature's Spirit Earth Market
Organic Grocer
Pomme Natural Market
The Big Carrot
The Bownesian
The Vitamin Shop
Westcoast Medicann
Willow Natural Foods



Farend Natural Products Ltd.

info@bcbudrub.com

250.974.4188

A Celebration Day for Girls™

Facilitator Training October 4-6th in Hope, B.C.

Join a global team of passionate women educating and empowering girls on their journey to womanhood.

In training to be a facilitator, we will support you to deliver a successful & trusted program to girls in your community.

If this work calls to you then this is one of the most exciting & satisfying experiences you will find.
– Anne Hall

Held in a beautiful nature retreat setting, near Hope, B.C.

Places are limited. Register today at:
bit.ly/CDGFacilitatorTrainingCanada2019



Rachel Pilgrim
(Australia)

rachel@celebrationdayforgirls.com
ph: (61) 430.450.967

Rachel is in Vancouver to host Canada's first Celebration Day for Girls and

Facilitator Training for Women

A Celebration Day for Girls™ Saturday October 12th North Vancouver

For girls aged 10-12 and their mother or female carer

This beautiful program, for girls aged 10-12 & their mother/female carer, is life changing. Expect lively discussion, fun activities & a gentle celebration at the threshold of menarche, to support her transition to womanhood & enrich your relationship with your daughter.

It was a revelation for both myself and my daughter – we emerged from the day feeling deeply connected to one another. – Hermione (Mum)

For more information and to book your place:
bit.ly/CelebrationDayforGirlsVancouver

www.celebrationdayforgirls.com



common ground is growing & needs you

Yes, we are passionate about natural health, environment, peace, personal growth, independent media, art, politics, music and culture! Our commitment is to inform and inspire Common Ground's awesome quarter million readers.

Motivated, skillful and honest? We are looking for the right person to earn good money by selling advertising in a media dedicated to awareness and real change. Email your resume and cover letter to:

joseph@commonground.ca



The Institute of Holistic Nutrition

OPEN HOUSE

Relax, Enjoy Refreshments & Attend Complimentary Lectures
2019

**SATURDAY 9am-5pm
NOVEMBER 16th**

Vancouver Campus, 604.558.4000
604 West Broadway, Suite 300
(one block west of the Cambie & Broadway skytrain station)



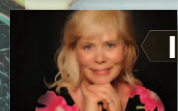
9:30-11:00 am

IHN's Diploma Program Overview in Applied Holistic Nutrition: Courses, Certification, Faculty, Admission Requirements & Campus Culture
With Campus Manager & Program Advisor Jason Madden BBA, CNP



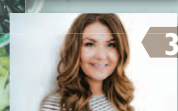
11:30-1:00 pm

Nutrition and Health: The Fundamentals
The Effects of Sugar on our Health
With Nadya Pecherskaya CNP, Bcomm



1:30-3:00 pm

The Psychology of Disease:
Why people don't reach their health goals
With Angelika Bendrich CNP, RPC.



3:30-5:00 pm

Comparative Diets:
Diets for Health and Longevity
With Sidney Shindle CNP

Natural Health Exhibit | Book Sale | Live Blood Cell Microscopy Sessions | Door Prizes | Info on Courses / Curriculum

www.instituteofholisticnutrition.com



common ground

Publisher & Senior Editor - Joseph Roberts
Accounting - Maggie Si
Layout & Production - Two by Four Media

Contributors:

Fred Bass, Jane Bennett, William S. Geimer,
Bruce Mason, Craig McKee, Vesanto Melina,
Mac McLaughlin, Geoff Olson, Karen Pickering,
Gwen Randall-Young, David Suzuki, Eckhart Tolle

Resource Directory

Suzan Law | Tel. 778-846-2175
suzan@commonground.ca

Editorial & Distribution Inquiries

Tel. 604-733-2215 Toll Free 1-800-365-8897
Fax 604-733-4415
joseph@commonground.ca

Advertising & Management

Joseph Roberts | Tel. 604-733-2215
joseph@commonground.ca
Suzan Law | Tel. 778-846-2175
suzan@commonground.ca

Events listings: suzan@commonground.ca

Classifieds: suzan@commonground.ca

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept., Head office
ISSN No. 0824-0698

Head Office

Common Ground Publishing Corp.
3152 West 8th Ave.
Vancouver, BC V6K 2C3

Reach Common Ground's great audience

Over 200,000 readers per issue.
Survey shows 3 - 4 readers/copy, plus online at
www.commonground.ca and our Facebook link.

100% owned and operated by Canadians.
Published 10 times a year in Canada.

Annual subscription is \$75 (US\$75) for one year (12 issues). Single issues are \$6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from *Common Ground*. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

features

- 5 **Weapons spending: for what purpose?**
William S. Geimer
- 6 **Wanted: a new mythology**
Geoff Olson
- 7 **Arne Boye Hansen (1951-2019)**
- 16 **Prepare for eco collapse**
Fred Bass
- 17 **About bloody time**
Karen Pickering and Jane Bennett
- 19 **Explosives used on 9/11**
Craig McKee



Cover design: Kris Kozak

All are welcome. All belong.

Every edition of *Common Ground* is a mission to realize that the Earth is everyone's home. There are no homeless people; Mother Earth is everyone's home. But many of our human family are roofless, shelter-less, food-less, jobless, friendless, anxious, exhausted, suffering or lonely. But we can commit ourselves to change that because ... We all belong. We welcome all.

What happened to the world? Where is the promised Democracy, Liberty, Equality, Fraternity? We didn't eradicate slavery; we became slaves addicted to money, sex and power. This is a Spiritual struggle we are all in. We are fed lies and deception by those pretending to be our friends, deceived by politicians pimping for their patrons. We can rise up and make this a better, healthier, more livable world. Truth, joy and love will light the path. Spirit is our guide, and courage our sustainer. Now the time to throw off the shackles of illusion, depression, apathy and ignorance. We need to honour our-

in every issue

CULTURE

- 8 Back To Shore a musical safe harbour
MUSIC RISING
Bruce Mason

ENVIRONMENT

- 9 Diet and land-use changes help curb climate chaos
SCIENCE MATTERS
David Suzuki

HEALTH

- 15 Redefining protein quality
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

- 11 Trust yourself and the Universe
UNIVERSE WITHIN
Gwen Randall-Young

- 10 STAR WISE
- 13 RESOURCE DIRECTORY
- 18 EVENTS
- 19 CLASSIFIED

selves, each other, Nature, and the One Oneness's grace. Life is truly amazing when you live purposely aligned with the well-being of humanity and our shared Environment that nourish us all. Choose wisely. Know that you are needed. That you came here for each amazing adventure beaconing you. to live more fully.

You have heard it said that "All that's needed for evil to succeed is for people of goodwill to do nothing". So, let's do the opposite. "All that is needed for Love to succeed is for people of goodwill to do something!" Something every day. Acts of kindness. Kind hearts are the gardens, kind words are the blossoms, kind deeds are the fruits. Through this, our lives are fulfilled and our mission here accomplished!

- Joseph Roberts,
publisher and co-founder (est.1982), *Common Ground*

For what purpose?

Canada's weapons spending flies under the election radar

by William S. Geimer

As governments of every stripe come and go, the quaintly named Department of National Defence (DND) continues to gain unquestioned approval for billions in unneeded weapons purchases. In the run-up to the October 21st election, for example, any mention of the ongoing effort to acquire jet fighter planes, including the infamous F-35, is couched in terms of Canadian jobs, and laced with patriotic language about our forces deserving “the best”. The major parties squabble over “transparency” in the process. None of them ask the question: “For what purpose?” There are two news items here. First, the F-35 and other aircraft under consideration are not defensive weapons. They are first strike attack aircraft. Like the CF-18 they are to replace, their primary purpose is clearly to continue aiding U.S. military adventures that are killing civilians. Second, even if one could abide that purpose, the jobs are not coming.

The F-35 fiasco: bad ideas never die

The 22-year scandal over purchase of the F-35 stealth fighter, one of the most expensive military acquisitions in Canadian history, is a perfect example of the joint Tory/Liberal/NDP enthusiasm for buying expensive weapons, while leaving indigenous people to boil their water and teachers to buy school supplies from their

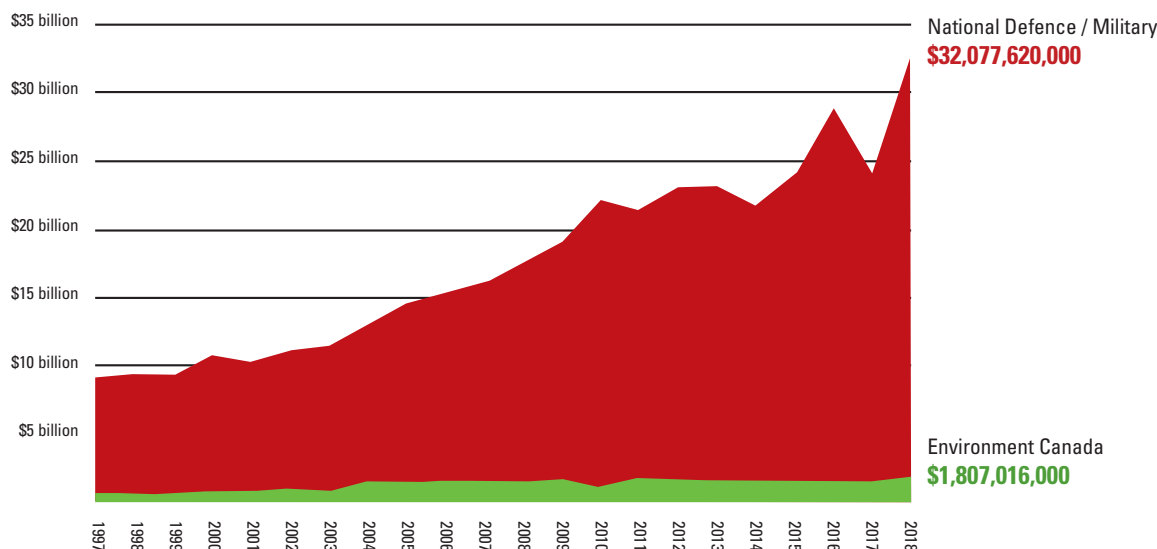


own funds. To the extent that the question “for what purpose” is any part of this saga, it is answered only obliquely by reference to creation of Canadian jobs. There is no mention at all of the part those jobs play in killing civilians and contributing to resentment around the world. And even the jobs factor is fast disappearing. The only reasonably arguable purpose is, of course, to do the foreign policy bidding of the U.S. – an increas-

Department of National Defence vs. Environment Canada Expenditures 1997 - 2018

from the *Public Accounts of Canada*, Receiver General for Canada, Vol 2, Table 1; www.tpsgc-pwgsc.gc.ca

chart by Tamara Lorincz



ingly dangerous enterprise.

The history of Canada's pursuit of a plane that will not even fulfill its morally suspect purpose would be the stuff of late night comedy parodies were it not for the seriousness of the matter. It all began modestly in 1997, when the Liberal government of Jean Chretien invested \$10 million to get in the F-35 game. That was quickly followed by another \$150 million. The total would become more than a half billion dollars. Chretien may not live to see the first plane roll off the assembly line, if indeed it ever does.

Unsurprisingly, in 2010, the Harper Conservatives were enthusiastic about replacing Canada's CF-18 fighters with the F-35, and announced their intention to purchase it via an exclusive, no competition contract with Lockheed Martin. All the opposition parties could find to argue about was the absence of competition. Nobody asked “for what purpose?” In 2011, when Tories won a majority, the F-35 was something of a campaign issue, but not much. Liberal leader Michael Ignatieff, a military hawk himself, could hardly be expected to raise the alarm. Harper promised a balanced budget without mentioning military spending. The massive F-35 purchase plan did not appear in the Tory's 2015 campaign platform.

Throughout, DND continued unimpeded to call the procurement tune for all parties, and protect the F-35 plan even as the inevitable cost overruns appeared and early tests of prototypes failed to meet Canada's requirements. DND even altered Wikipedia page entries to remove information critical of the F-35 or the Harper government plan to spend \$18 billion on it. The Liberals and NDP cried foul about that, but continued to voice no objection to the purchase plan itself, never asking “for what purpose?”

That question was addressed in part by Leonard Johnson, former commandant of the National Defence College: “It is hard to see any useful military role for the F-35.” In a comically ironic response to this objection to the purchase of planes for U.S. foreign operations, the Assistant Chief of Air Staff insisted that the purchase was

necessary to protect Canadian sovereignty! Then defence minister Peter McKay also offered some thoughts about the purpose of buying F-35s. He said they would be a great recruiting lure for pilots, and be very important to the continued growth of the Canadian Forces. Did anyone else miss the vote to continue growing the Canadian military, or the justification for it?

A look at the positions of political parties helps explain how this ongoing waste of money has been allowed to continue for more than two decades. Following the Tory commitment to purchase F-35s without competition, the NDP instead promised an open process to replace the CF-18, while remaining in the Lockheed-Martin F-35 bidding. In 2015, Trudeau and the Liberals initially campaigned on a promise not to purchase the F-35, but have since come around to the NDP position. That could, of course, change any day.

For the 2019 election, the representative of a supposedly progressive party, NDP defence critic Randall Garrison (Saanich/Esquimalt/Sooke), is among the most culpable. While good on some social issues, he has apparently never seen a weapons system for Canada that he didn't like. Surely Garrison knew it was not true when he claimed in his July newsletter that the NDP would “provide maximum benefits to the Canadian aerospace industry by giving extra weight to bidders willing to build those jets in Canada.” The truth is that Canada's U.S. masters nixed that possibility in May.

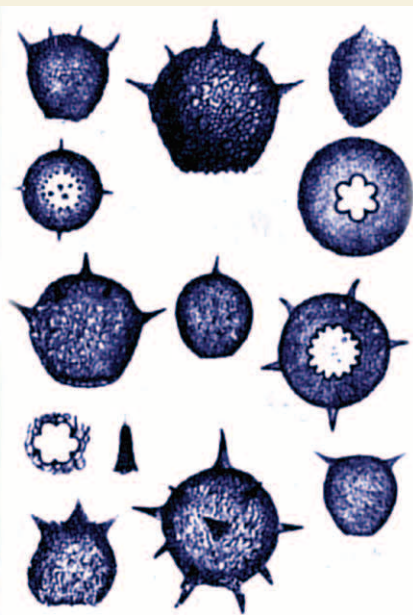
The Green Party Platform is saner in several respects. It flatly rules out buying the F-35. It promises to reduce the budget for replacing the CF-18. And, importantly, it promises that the primary mission of the replacement would be the defence of North America, not stealth first-strike capability. While not perfect, this looks like a commitment to at least reduce or disable the level of assistance for U.S. military adventures. In this election, the Greens' David Merner, a serious challenger to Garrison, is the far better choice for many reasons. An important one is his intelligent commitment to addressing the real threat to the security of Canadians. Not the threat from whomever the Americans

continued p.7...

Wanted: a new mythology

The *Power of Myth*, three decades on

by Geoff Olson



photomontage & statue photo by Geoff Olson

I recently invited a friend over to my place to watch the PBS television series, *The Power of Myth*, on Netflix. A spirited discussion followed the viewing of two episodes from the six-part series. My UBC psychology grad friend spoke eloquently of what he calls “creation as creator.”

The interviews of Joseph Campbell by journalist Bill Moyers premiered on PBS in 1988, just a year after the mythologist’s death. *The Power of Myth* was every bit as good as I recalled, even with its dated videographics and paint-by-number MIDI music.

Joseph Campbell was an American professor of literature at Sarah Lawrence College. His studies in comparative mythology and comparative religion have influenced a wide range of scholars and artists, including director George Lucas, who drew cinematic inspiration for his Star Wars trilogy from Campbell’s 1959 classic, *The Hero’s Journey* (in fact, five of the six Moyers-Campbell interviews were filmed at Lucas’ Skywalker Ranch in California).

Although Campbell rejected religious literalism, he insisted that myths are of the utmost value. Through narrative, they put the mind in accord with the ancient, archetypal prerogatives of the body.

The trouble starts when myths aren’t interpreted as metaphors, but rather as literal truths. When *The Power of Myth* first aired, what Campbell called “the real horror” of Beirut involved three warring faiths. In Lebanon “you have the three great Western religions, Judaism, Christianity, and Islam -- and because the three of them have three different names for the same biblical god, they can’t get on together. They are stuck with their metaphor and don’t realize its reference... Each group says, “We are the chosen group, and we have God.””

Two-thousand-year-old tales from the Near East have

failed to accommodate the new view of the universe, said the mythologist. They have lost their resonance for millions of people. What’s needed are myths that embrace humankind on a planetary level.

“If you will think of ourselves as coming out of the earth, rather than having been thrown in here from some-



Myths are of the utmost value.
Through narrative, they put the
mind in accord with the ancient,
archetypal prerogatives of the body.

where else, you see that we are the earth, we are the consciousness of the earth. These are the eyes of the earth. And this is the voice of the earth,” Campbell told Moyers with enthusiasm, gesturing to himself.

This flips the Judeo-Christian script on its head. Earth itself becomes a creator as much as a creation, in an evolutionary sense.

“Scientists are beginning to talk quite openly about the Gaia principle,” Moyers responded, citing James Lovelock’s then-radical proposition that Earth performs like a self-regulating entity. “There you are, the whole planet as an organism,” Campbell agreed.

Gaia is hardly a novel concept in 2019. However, Campbell was more of a radical thinker than some people realize. He was something of a nature mystic. He told Moyers of his feeling that consciousness and energy “are

in some way the same thing.”

“Where you really see life energy there is consciousness... Certainly the vegetable world is conscious. And when you live in the woods as I did as a kid, you can see all these different consciousnesses relating to themselves. There is a plant consciousness and there is an animal consciousness, and we share both these things.”

As a scholar of myth, Campbell found these childhood apprehensions echoed in Eastern belief systems, particularly Buddhism and Hinduism. In the latter, divinity resides in all things from the atomic to galactic scale. All entities partake in the cosmic play of appearances, and mirror divinity in their very structure.

Campbell’s mythological musings were hardly antiscientific. More than a century ago, Charles Darwin observed that a plant’s root tip behaved in the soil

like an intelligent creature exploring its environment. In fact, botanists have discovered that root tips contain high concentrations of serotonin, previously understood as a neurotransmitter in animal brains. They have also determined that plants have at least 20 identified senses (including detection of electrostatic fields), compared to humans’ dinky five or six.

Sounds something like Campbell’s “vegetable consciousness” to me!

As for “animal consciousness,” there are plenty of good examples to cite, but among the best is the single-celled organism *Diffugia coronata*. Did you know that this tiny species of amoeba, invisible to the human eye, can build its own portable home?

Diffugia lives in a spherical dwelling of its own making, composed of several particles of quartz fitted and cemented together with remarkable precision. On top of the sphere are seven or eight sturdy spikes, with the largest at the base and smallest at the top, making sharp points.

“At the bottom of the sphere there is a large circular hole ornamented with a pleated collar of particles too small to be distinguishable from the cement that binds them,” writes Mike Hansell in his book, *Built by Animals: the Natural History of Animal Architecture*. From this Art Deco opening, the amoeba projects its pseudopodia (false feet) to glide through soil water or across damp vegetation. “The diameter of the whole dwelling, for that is what it is, is about 150 thousandths of a millimetre. Smaller than the punctuation mark at the end of this sentence,” notes Hansell.

Diffugia engulfs tiny particles of quartz when it goes looking for food. These become the building materials for a new dwelling – and here’s where things gets even weirder. When *diffugia* prepares to divide in

continued p.9...

...For what purpose from pg. 5

want to bomb next, but rather the threat from human destruction of the environment.

No party has come to grips with “For what purpose?”, but that is attributable to our collective indifference to the question.

The conversation this election year should include questions about the likely use of the new aircraft, if the history of the CF-18 is any guide. It should also include the effects of the job-killing flaw in the Harper government’s agreement to join in the bidding for the F-35.

The CF-18: on guard for whom?

The CF-18 has indeed been in service a long time. Doing what? Some operations have been relatively benign, like defending unthreatened U.S. airspace while their jets were grounded. Other missions have been part of U.S.-initiated campaigns that have killed thousands of civilians.

In the 1990s, after Canadian peacekeepers in the Balkans had distinguished themselves under very difficult circumstances, the U.S. decided to abandon that effort and solve things by force. After imposing an agreement on the parties, the U.S. obtained authorization for a “no fly” zone over Bosnia. CF-18’s were part of a 78 day NATO bombing campaign that killed thousands of civilians, displaced 600,000 and created millions of refugees.

In 2011, the CF-18s were also part of the perversion of the UN approved doctrine of Responsibility to Protect in Libya, ironically a well-meaning policy that originated in Canada. Rather than protecting civilians, the U.S. wanted regime change in Libya and the CF-18s made up 10 percent of the bombing campaigns that achieved it, along with bringing violence and chaos to the country that continues to this day.

The CF-18s made their most deadly contribution to civilian deaths, however, from October 2014 to February 2016 as part of the Western air campaign in the Middle East. Other Canadian aircraft provided air to air refueling for the bombing until January 2019.

How many civilians did the CF-18 crews kill while flying missions for the U.S.-led coalition in the Middle East? How many were killed by coalition aircraft refueled by Canadians? We will never know the exact number but there is no doubt that there were many women, children, and elderly who lost their lives. The Pentagon produces estimates based on checking with partner nations. In 2018, they admitted to killing 1,114 civilians in air and artillery actions. Groups like Amnesty International and Airwars talk to victim families and witnesses on the ground. They put the total at 6,500.

In Syria in 2017, these organizations report that air and artillery strikes around Raqqa alone killed 1,600 civilians. The Pentagon admission was 318 civilian deaths. U.S. commanders boasted that they had used more artillery there than in any place at any time since the Vietnam war.

Will the taking of innocent lives continue to be ignored by Canadians or reduced to a numbers game?

Instead of this story, will we continue to be more interested in how we purchase more effective killing machines?

It is a strange world indeed where the Canadian government touts accepting Syrian refugees while it works with the U.S. to create them.

But What About All Those Jobs?

There is some bad news for Canadians, including those who think they would have jobs producing the F-35. It is also bad news for all of us, since we have so far spent more than half a billion dollars just to stay in the running.


Even if we are not concerned about producing weapons destined to kill civilians; even if our imagination is insufficient to picture our own parents and children being blown apart – the jobs justification is illusory. Here’s why:

In 2006, the Harper government joined a bidding consortium working to develop the F-35. In addition to a “bargain” price on the plane, consortium agreements like this usually have a section guaranteeing production jobs in member countries. But Harper agreed not to include such a requirement. U.S. officials recently reminded Canada of that.

Well, then, what about just asking that this or that component be built, assembled or tested in Canada? That is not good enough for the U.S. either. Officials say that, while only competing companies from nations in the consortium will get the work, they all have to be on an equal footing. No lobbying.

Reinvestment requirements could theoretically be part of a different deal to buy a plane other than the Lockheed-Martin F-35. However, two of the four alternatives under consideration by the Trudeau government have already dropped out. All this made for yet another snag in a process that was to begin in May 2019. Meanwhile, Canada continues to pay the current annual fee of \$72 million just to remain in the F-35 game. And, of course, if we do not insist that our leaders get beyond process and into uncomfortable questions of substance, the killing of civilians will continue.

It does not have to be that way. Let’s abandon our benign indifference in election seasons. Let’s go to every candidate forum and put this question: Since 1997, military funding has gone from \$10 Billion to \$32 Billion. Funding for the environment, the greatest threat to our security, the environment, has remained flat at about \$1.5 Billion. Will you support reducing and redirecting military weapons spending?

Let’s go further than that. Let’s help Canada take her place in the community of nations as a contributor, not to NATO, but to the broader reality of a world without war. For a practical pathway, see worldbeyonddwar.org. It can be done. 

William Geimer is a veteran of the US 82nd Airborne Division. He is emeritus professor of law at Washington and Lee University, and is now a Canadian citizen. Geimer now serves as defence policy advisor to the Green Party of Canada.

by Maret Christiansen

Arne Boye Hansen

1951 – 2019

One day we will no longer be called to quantify nature and put a dollar value on Ancient Trees, Mountains, and Wildlife
– from Carmanah – Artistic Visions of an Ancient Rainforest

After battling cancer for four years, Arne Boye Hansen, a former editor and contributor to *Common Ground*, passed away peacefully on July 28, 2019 at Vancouver General Hospital’s Palliative Care unit, surrounded by family and friends. He was born to a Danish family who emigrated to Canada in 1957. They settled in Ontario, and Arne eventually became a journalist after graduating from St. Clair Community College in Windsor in 1974.




Arne grew up in a family that loved adventure and nature, and traveling was in his blood from an early age – be it camping in the Canadian landscape, scuba diving in Central America, or exploring foreign lands through his involvement with the travel organization Servas. He was not one

to shy away from trying something different or unusual. During a journalistic stint in Sri Lanka, he could be seen commuting on the elephant that belonged to his host family.

Eventually, Arne moved to British Columbia where he quickly became known as a fierce and radical environmentalist. Motivated by his love of nature in general, and of Mother Earth specifically, Arne involved himself in numerous organizations as an employee and volunteer. He was dedicated to causes that protected the environment and improved the lives of those he felt were marginalized by corporate greed and right wing capitalism. “The system is broken!” was one of his favourite lead-ins to frequent and well-meant rants to anyone who would listen.

Arne’s achievements were many, but one of his proudest came while working as an editor/coordinator with the Western Canada Wilderness Committee from 1987 to 1991. While with WCWC, he edited and published the best-selling, award-winning coffee table book on the Carmanah artist project, *Carmanah, Artistic Visions of an Ancient Rainforest*.

Arne leaves behind many family members in Canada and his native Denmark. He will be dearly missed, not least by his fellow radicals who were always in good supply in his company. Till the end, he simply could not stop fighting for the justice he so craved for Mother Earth and her children.

Memorial Contributions in Arne’s honour may be made to the Western Canada Wilderness Committee: Wilderness-Committee.org/memorial, by calling 1-800-661-9453, or by mail to 46 E. 6th Ave., Vancouver, B.C., V5T 1J4 



Back To Shore a musical safe harbour

Many *Common Ground* readers have grown up with the diverse, award-winning music and songs of Shari Ulrich – created in our part of the world over the course of 45 years. She has been featured on over two dozen recordings with Pied Pumkin, Valdy's Hometown Band, Bill Henderson and Roy Forbes (UHF), Barney Bentall and Tom Taylor (BTU), and the seven-piece bluegrass group, The High Bar Gang.

Her latest work – *Back to Shore*, a ninth solo album giving full expression to her lovely voice and passion for song-writing – is being hailed coast to coast as her best. “It really bothered me to sing words that weren’t mine, that I wasn’t comfortable with and didn’t necessarily speak to me,” explains the multi-instrumentalist. “Like all my albums, it reflects where I am now, and I spent more time crafting these songs than any other of my career.

“I was able to steep myself in the process more than in the past. I wrote almost all of *Back To Shore* on Vancouver Island in a little seaside cabin, on walks or paddling in my kayak, so it was hard to keep out what was constantly inspiring me,” she reports. This latest creation is awash with images of the ocean that include undertows, impending storms and higher ground.

Wrapped in the welcoming seascape artwork of ex-husband David Gaff, the six-panel CD *Back To Shore* is packed with surprises, and peopled with characters and many perspectives. The 12 songs are like tide-pools teeming with life, awaiting discovery, exploration and reflection. A lover with a wedding ring tucked in a pocket is tempted by Sirens to “Rocky Shores.” In “That’s What I Thought Too”, an aging man, like all of us, “thinks there’s time / that we’ll fix it” on his final day. Another reflective tune pulls at the threads of memory while clinging to “The Sweater” of a significant other suffering through the horror of dementia.

Other songs celebrate Canada, her adopted home and lament the insanity of those who haven’t thought through a plan to escape to Mars. The last song on the album starts out with “Goodnight, oh beautiful world” and later apologizes to the Earth for human cruelty. “It was like a personal love song between me and the utterly mind boggling beauty of nature that makes me constantly swoon,” says Ulrich.

“It’s impossible to create a body of work without reflecting social issues – it’s long been the role of



photo by Pink Monkey Studios

music and art in our society. And of course, these days the primary concern for everyone in the world is the health of the planet,” she told *Common Ground*. “It’s almost unbearable to me that so much of what goes on puts greed over the health of our existence. And I know we only hear about a fraction of it. So I focus on what I can do: making music that both comforts us and makes us think.”

She writes about her song “Mars” in an email: “it just seems *so* crazy obvious that sticking with the planet humans *can* survive on makes a *lot* more sense. In fact, the need for humans to put unlimited funds into “the new frontier” seems almost immoral, given how valuable [those] resources could be to the folks living on *this* planet.

Standing out on *Back To Shore* is “These Lines,” about aging, and Ulrich herself. “Looking in a mir-

ror and wonder who’s looking back. She looks familiar but I’m not as old as that,” also envisions acceptance and forgiveness: “Well I drew them all to get to you. I love these lines.”

Exploring *Back To Shore* is much more rewarding when grasped and unfolded in the listener’s hands as a CD – more satisfying than clicking a mere digit on a sound file. There’s more here than meets the ear. And digital just won’t do, given the scope of the project. “The whole package is part of the artistic expression,” she says.

The CD includes a separate lyric booklet, and full credit to everyone who took part in the project. No guesswork required. The clear, clean, rock-steady claw-hammer banjoist is Cara Luft; tasty musical fills come courtesy of Scott Smith; fulsome keyboards provided by Cindy Fairbank; Peggy Lee on gorgeous cello; on Hammond B3 is Michael Creber; the choir is the Marcus Mosely Ensemble. And so on.

Ubiquitous is daughter Julia Graff, now integral to Ulrich’s music. Like her mother, she is a gifted multi-instrumentalist / vocalist with a keen, unerring ear. Add a degree in sound from McGill, where she met partner James Perrella, who is the CD’s engineer and third co-producer. The trio’s sonic landscape lives up to, and completes, *Back To Shore*. There is no flotsam or jetsam. No wasted words, or notes.

Ulrich has been very vocal, open and active regarding her personal experiences, including giving up a child for adoption and a horrific physical assault at knife-point. Her perspective on the state of our planet – along

with her sheer joy and talent for making music – is important, poignant and personal.

Looking back, she concludes: “In the formative years, I think it’s so easy to let one’s identity be formed by those directing your career. And there can be quite an internal disconnect as a result. Being able to learn how to take who we are on stage, to be vulnerable, to have all those different facets integrated – it all goes into creating a unique artist and unique voice.”

Shari Ulrich does all that, evolving and arriving on *Back To Shore*. She has created a safe harbour, a sonic refuge which can help the listener navigate our troubled, storm-ravaged times. <

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*.



IPCC report flags diet and land-use changes to curb climate chaos

Land and agriculture are critical components in the climate crisis. According to a new Intergovernmental Panel on Climate Change report, land use – including agriculture and forestry – accounts for 23 percent of human greenhouse gas emissions, while “natural land processes absorb carbon dioxide equivalent to almost a third of carbon dioxide emissions from fossil fuels and industry.”

Simply put, the way we manage forests and grow, process and distribute food is contributing to climate disruption, but protecting and restoring natural landscapes will help absorb excess CO₂.

Our footprint is huge. *Climate Change and Land*, by 103 experts from 52 countries, says human use directly affects 69 to 76 percent of ice-free land surface, and agriculture accounts for 70 percent of global freshwater use. It notes “the per capita supply of vegetable oils and meat has more than doubled and the supply of food calories per capita has increased by about one third” since 1961, while 25 to 30 percent of total food produced is lost or wasted, all of which increases emissions. Changing consumption patterns have also created a world where two billion adults are overweight or obese while at least 821 million are undernourished.

The report examines food security, desertification, droughts, soil erosion and degradation, and solutions ranging from plant-based diets and sustainable animal agriculture to reducing deforestation and protecting green spaces. “Sustainable land management can contribute to reducing the negative impacts of multiple stressors, including climate change, on ecosystems and societies,” it says.

“Land already in use could feed the world in a changing climate and provide biomass for renewable energy,

but early, far-reaching action across several areas is required,” said Hans-Otto Pörtner, co-chair of the IPCC working group that prepared the report.

“Many land-related responses that contribute to climate change adaptation and mitigation can also combat desertification and land degradation and enhance food security,” the report says. David Suzuki Foundation research shows protecting and restoring natural systems provides benefits beyond sequestering carbon and addressing climate disruption – such as reducing flood risks, filtering water, controlling erosion and more – at much lower costs than built infrastructure.

Natural land processes absorb
carbon dioxide equivalent to almost
a third of carbon dioxide emissions
from fossil fuels and industry

Some say the IPCC study doesn’t go far enough. Because governments around the world must approve its reports, they tend to be conservative.

U.K. climate writer George Monbiot calls the report “a tragic missed opportunity” that “shies away from the big issues and fails to properly represent the science.” His *Guardian* article questions the IPCC’s tendency to play it safe. “Was the fear of taking on the farming industry – alongside the oil and coal companies whose paid shills have attacked it so fiercely – too much to bear?”

Monbiot argues the report authors underestimate agriculture’s contribution to emissions by failing “to capture the overall impact of food production,” noting, for example, that producing one kilogram of beef

protein uses an average of 1,250 kilograms of carbon – “roughly equal to driving a new car for a year, or to one passenger flying from London to New York and back.”

Rowan Jacobsen writes in *Outside* that developments like “beyond meat” products spell the end of commercial beef consumption. He notes producing 1,000 calories of beef takes 36,000 calories of feed, uses more than 430 gallons of water and 140 square metres of land and generates nearly 10 kilograms of greenhouse gas emissions. “In comparison, an Impossible Burger uses 87 percent less water, 96 percent less land, and produces 89 percent fewer greenhouse-gas emissions.”

In *Wired*, Megan Molteni suggests gene editing crop plants with Crispr technology could reduce land-use pressure and fertilizer use, and make crops more nutritious and less environmentally damaging. “But it’s still early days,” she writes, “and the impact Crispr could have is not fully understood.”

International director and co-founder of the Organic Consumers Association Ronnie Cummins argues in the *Independent* that “regenerative food, farming and land-use practices” could “fix our climate, restore the environment, improve the livelihoods of farmers and rural communities and produce more nutritious food.”

Planting trees, protecting green spaces, eating less meat and reforming agricultural practices won’t save us from climate chaos on their own. But, along with reducing waste, increasing energy efficiency and conservation and shifting from fossil fuels to renewable energy, they’re all part of the solution. **■**

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor and Writer Ian Hanington. Learn more at david Suzuki.org.

...*Mythology* from pg 6

two, the quartz particles are extruded from the opening in a “cytoplasmic” bud. The particles are arranged into a new home by the bud, with the two apertures face to face, held together by a cytoplasmic bridge. The cell material now splits to form two amoebae, one with a new prefab home.

You won’t find more agreeable family arrangements for tiny homes even on the Gulf Islands.

This amoeba, I repeat for emphasis, is a one-celled organism invisible to the naked eye. How is a tiny creature without a nervous system capable of constructing something this Hobbit-home-elaborate? It makes sense only if we accept that some rudimentary consciousness (or intelligence if you prefer) is mediated through chemical gradients in its cytoplasm, or through some other intracellular signalling system. Creation as creator.

So what has this got to do with you and me? Well, in the eastern/pantheistic/Campbell worldview, the same creative cosmic intelligence that permeates the living world from top to bottom is not separate from you. In fact, You Are It. And as such, exercising even the most mundane creative act aligns you with the same evolutionary agency that forges galaxies, forms babies, and fabricates amoeba condos (however, don’t expect a trophy just for participating).

“I do think “Creation is Creator” is a powerful idea,” my friend Patrick Dubois wrote me after our post-Campbell conversation. “It defies notions of control, hierarchy, or separation, and distributes divine authority, power, accountability, grace, and mystery. I think contemplating that reality naturally cultivates humility, awe, ecstasy, respect (for self and others), and acceptance.”

Amen.

There is a possibility we will be interacting with another variety of consciousness, beyond animal and plant in the future: that of computer networks. With “deep learning,” we are already being schooled on the self-improving capabilities of computers – from beating champion Go players to composing articles.

“I have bought this wonderful machine – a computer,” Campbell told Moyers in 1987. “Now I am rather an authority on gods, so I identified the machine – it seems to me to be an Old Testament god with a lot of rules and no mercy,” he said with a laugh.

Let’s hope Campbell’s joke about early PCs remains just that, and not a ready-made myth for the morphing human-machine interface. Because for good or ill, our creations are already becoming creators. **■**

mwisequise@yahoo.com



Mac McLaughlin

ZODIAC

StarWise

September 2019

Bidding you adieu

British Astrologer Alan Leo (1860 - 1917) was considered the father of modern Astrology. He published a septenary of textbooks which I truly loved and cut my teeth on in the early days of my study of the planets, signs, and every other thing related to astrology. I revered him. Actually, I think I read and reread those books many times, and certainly he was a major influence in my life. Then one night I had a dream of him, nearly a nightmare. There he was, working on a windowsill outside of his house. As I approached he turned towards me and said, "if you think I'm going to talk about astrology, you're crazy." Well that dream has haunted me for nearly 50 years. How could my hero say such a thing? Well, let's leave this and get back to it in a moment.

Thirty years later, I was in southern California attending a reunion of some very dear old friends. I was shocked and a little surprised when one of them said that Mac thinks he learned astrology through the books. I asked him what he meant. He said that long before I got to any of the textbooks, I had the ability to pick out people's birth signs and often their correct birth dates. That is true. I must have had a previous incarnation in which I was involved with the stars. I wouldn't say that I have picked out someone's birthday or sign thousands of times, but certainly hundreds of times. In person, and over the phone it seemed that I could tune into astrological signatures. People are continuously waving their astro flags. The shape of one's hands, the way they walk, the way they talk, and how they dress and the sound of their voice and mannerisms would always tip me off.

Anyway, I have always been thankful and grateful that I was able to share the stars with all of the souls that have come my way over the last 47 years. Now the time has arrived to bid you adieu. I will still be doing readings but this is my final column. The time has come to turn inwards and strive to still the mind and lead a more contemplative and meditative life.

I finally got what Alan Leo meant in that dream: astrology is a helpful tool in life in many ways, but it cannot change your fate. Whatever is written in your fate must come to pass. We receive not a penny more nor penny less than what is written.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

Thank You dear Aries for always being original, brave, bold, and audacious. You are the pathfinder, way shower of the zodiac. Whatever trail you blaze, the rest must follow. Never stop being the intrepid warrior that you are. You're a diamond in the rough, multi faceted, highly gifted and just needing some polish.



TAURUS Apr 20 - May 21

Thank You dear Taurus for the steadfast energy that you bring to the cosmic table. Being ruled by lovely Venus you will always have an eye and attraction for anything of substantial value and beauty. You will draw wealth your way just as a magnet attracts iron. What Taurus wants, Taurus gets.



GEMINI May 22 - Jun 20

Thank You dear Gemini for your gift of versatility, and the ability to see both sides of anything. Angelic in nature, you will always be attracted to artistic and intellectual studies. It seems that Gemini knows a little about a lot of things, or a lot about a few things, and is always youthful in appearance regardless of age.



CANCER Jun 21 - Jul 22

Thank You dear Cancer for your tenacious ability and steadfast loyalty, especially to family and friends. The phrase 'to serve and protect' must have been coined by a Cancer type. Patriotic, protective, and deeply reflective is the mode of action for the relentless energy that moonchild possesses.



LEO Jul 23 - Aug 22

Thank You dear Leo. Really, how would life be without these royal lions in our midst? Big hearted, warm, funny as can be, and generally gifted with outstanding physical features. You don't say no to the Lion, you say please. Like the big cats, you have prowess, stealth, dynamic strength, and the ability to love deeply.



VIRGO Aug 23 - Sep 22

Thank You dear Virgo for your gift of discernment, dedication and hard work. Rocky Marciano was a Virgo, and plain and simple, he just never gave up. Like him, you are relentless in your capacity to get to the truth of any particular topic that captures your attention. You are clean, pure, honest and humane.



LIBRA Sep 23 - Oct 22

Thank You dear Libra for your sense of fair play and the dynamic intellect you possess. Charming and graceful and deeply wise – these are just a few of the gifts that you carry in this lifetime. Harmony, peace and beauty always accompany you. Seek the balance in all things.



SCORPIO Oct 23 - Nov 21

Thank You dear Scorpio for your gift of relentless persistence, and innate ability to find what is hidden. Where others give up, Scorpio is just getting started. The greatest surgeons, researchers and scientists come under the heading of Scorpio. In love, it's all the way or no way, and never half way. Lead the way.



SAGITTARIUS Nov 22 - Dec 21

Thank You dear Sagittarius for your gift of vision. You are the intrepid traveller of the zodiac. Others say where they would like to go; you come back and say how it was. Prophetic, philosophical and often visionary, you may see the inevitability of any situation. You can find the centre of the target.



CAPRICORN Dec 22 - Jan 19

Thank You dear Capricorn for your contribution of deep commitment, dedication and flat out leadership ability. Leo may be the kingly lion, but Capricorn truly dominates the zodiac in every way. Born old, you get younger as you go. The sea goat is an apt symbol representing your spiritual-material quest in this life.



AQUARIUS Jan 20 - Feb 19

Thank You dear Aquarius for the multiple talents that you are destined to share with the rest of humanity in this incarnation. Crowned with the gift of impersonal love, you are able to see the good in everyone. A deep wisdom and depth of knowledge outpaces the other signs.



PISCES Feb 20 - Mar 20

Thank You dear Pisces for your contribution of universal love and compassion. Generally humble, seemingly shy, magical and mystical, there simply is no other sign that carries the gifts of caring and service that you possess. You carry a great, cosmic yearning for God's love. You have the wisdom of all the other signs combined.

BECOME A CERTIFIED LIFE COACH or EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

REGISTER TODAY:

November 30 - December 1, 2019
Hampton Inn and Suites,
Downtown Vancouver

866-455-2155 or 403-389-1190

www.certifiedcoachesfederation.com | abe@certifiedcoachesfederation.com



Universe Within Gwen Randall-Young

PSYCHOLOGY

Trust yourself and the Universe

The universe as we know it is a joint product of the observer and the observed.
– Pierre Teilhard de Chardin

In recent decades, there has certainly been a broadening of perspective regarding the Universe, and many have opened themselves up to the wonderful energies within it. We are understanding that we are more than “human” beings – we are universal beings.

With this awareness, we learn to trust more in the natural unfolding of life, understanding that it is a co-creative dance with the universal energies. However, we are all still learning – or we wouldn’t be here. And we need to refine our understanding somewhat to really create flow in our lives.

I often hear people express the thought that they trust the Universe, or are asking the Universe for guidance, yet “nothing” seems to be happening. The Universe provides, so where are the benefits? There is a feeling of confusion, disappointment, or even betrayal.

The problem with this is that there is still duality in such thoughts and expectations. If we see ourselves as separate from the Universe – like little lost souls waiting at the cosmic bus stop for the right bus to take us on our path – it could be a long frustrating wait. However, if you’ve been thinking this way, don’t be hard on yourself because this is a natural stage in the evolution of individual consciousness. The next stage is understanding that universal consciousness resides within us and expresses itself through us. It is us; it is not “out there”. We can know this but still have difficulty living it. Learning to live it is what we are here to do.


We must cease to be afraid of our power and greatness.

This is no time for modesty or playing small.

How do we practice? The best way to begin is by allowing our hearts to be our compass. Always, the “needle” is pointing towards what we love. Unfortunately, interference from the head, and from the outside world keeps us from moving in the direction that the heart already knows is right for us. Fears and insecurities often arise when we think about bringing our lives more into alignment with who we really are.

Limiting beliefs prevent us from walking across the imaginary line that separates the possible from the “impossible”. Much as we might say we trust and believe in the Universe, in practice this really means trusting and believing in ourselves. It means seeing the unlimited power that can move through us when we no longer see ourselves as separate from All That Is. It means doing what we love, and being who we naturally are – without a need to know the outcome in advance.

We must be brave explorers, setting out from the safety of the now to embrace the entire territory of our inner space. And as we expand our experience of this space, so we will see expansion in our outer life.

We must cease to be afraid of our power and greatness. This is no time for modesty or playing small. Remember learning to ride a bicycle? The bicycle would not balance itself or hold us up. But when we stopped putting a foot on the ground and trusted that we could stay up, then we found that feeling of balance. We were on our way. And once we found it, we never lose it. 

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles, order books or listen to audio recordings, visit www.gwen.ca, or follow her on Facebook.

TRAIN for a CAREER as a CERTIFIED NUTRITIONAL PRACTITIONER!



Earn a Diploma in Applied Holistic Nutrition

Achieve the accreditation of Certified Nutritional Practitioner (CNP)

Qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP)

Full & Part-time in-class programs

Professional Practicum

Continuing Education

Student Clinic



Heather Allen, CNP, 2014 Alumna ▶

“The invaluable knowledge I gained at IHN has allowed me to empower people with the tools to live their most vibrant life through optimal health which is the most rewarding gift of all”



Next Semester Begins January 2020

Vancouver Campus
604.558.4000

604 West Broadway Suite 300
Vancouver, BC V5Z 1G1
(One block West of Cambie & Broadway)



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING NUTRITION PROFESSIONALS
Established 1996

www.instituteofholisticnutrition.com



NON-TOXIC DRYCLEANING



Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com

for cleaning pickup call:
604-876-5399

steps away from
King Edward Skytrain Stn!

We are grateful to our supporters

Thank you - for an excellent publication - something that is actually worth reading.

H. Anthony W., Victoria

I really enjoy your magazine and am enclosing a small donation. All the best.

Jean H., Vancouver

Our heartfelt thanks also go to:

Barb & John T., Vancouver, **Elena C.,** West Vancouver, and **Edith F.,** Vancouver

You can send your donation by mail to Common Ground, 3152 West 8th Ave, Vancouver, BC, V6K 2C3. Make cheques payable to Common Ground. Or send an e-Transfer to Common Ground via: joseph@commonground.ca. With deep gratitude, thank you.

common
ground

common ground

We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email
suzan@commonground.ca

resource directory

the best place to be



- Art & Music • Business Services • Education & Certification
- Health & Healing • Intuitive Arts • Media • Nutrition
- Psychology, Therapy & Counselling • Restaurants

ART & MUSIC



YES YOU CAN SING!
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES



WJ Cleaning Services
One call and we do it all!

BEST QUALITY AT GREAT PRICES
We are experienced in all manner of cleaning: residential, commercial, office, post construction, renovation, move in/out, open house, building maintenance and power washing.

WJ Cleaning Services will make your home the showcase you imagine it to be. We provide cleaning daily, weekly, bi-weekly, monthly or

one-time custom cleaning to match your needs and budget. Our services extend to houses, apartments, condos, townhouses and rental properties. Our staff is well-trained and work diligently in teams of two to ensure work is performed to the highest standards. We meet our clients special needs and requests. Many clients have been with us since we started our business.

Fully insured, bonded and licensed in Vancouver.

Contact Wilfredo Munoz for a free estimate
604 684 4184 | 778 389 4184
wjcleaning@hotmail.com
Visit www.wjcleaningservices.ca
for more information and references.



mimi lauzon
Conscious Dating Coach
cell 778.871.3175

Looking for lasting love? Finding your special someone can be frustrating and time-consuming, but with the right understanding, outlook and support, the process can be fun, enlightening and quick! A full-spectrum approach. Backed by years of experience as a Professional Dating Coach.
Call today for a free 30-minute consultation.



HUCKLEBERRY
BABY SHOP

Gentle Choices for Eco-friendly Families:
Cloth diapers, Baby Carriers, Baby Gifts, Cloth Diaper Trial Program, Gift Certificates, Workshops & much more. **Shop Online.**
NEW LOCATION: Country Club Centre, 9-3200 North Island Highway, Nanaimo
Cristi Lundman: 250-585-5552
www.huckleberrybabyshop.com

EDUCATION & CERTIFICATION



PACIFIC
Institute of
REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction -

Informational evening talks: \$10. *See Datebook.*

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. \$395.

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your

effectiveness to a professional level. \$395. Courses offered year round. *See Datebook.*
Courses accredited RABC, and RAC.
Pacific Institute of Reflexology
3261 Heather Street, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
chrisshirley@pacificreflexology.com
www.pacificreflexology.com



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemau.com

HEALTH & HEALING



Wellspring Vision Improvement Program

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC



PACIFIC Institute of REFLEXOLOGY

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique

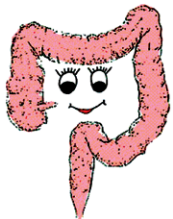
health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: \$75, or 5/\$325.

Books, charts and self-help tools available.
Enquire about franchise opportunities.

Pacific Institute of Reflexology
3261 Heather Street, Vancouver
604-875-8818
chriss Shirley@pacificreflexology.com
www.pacificreflexology.com



THE HAPPY COLON

since 2000

Elena Lopez

I-ACT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
360 - 522 7th St., New Westminster, B.C.

Naturopathic Doctor

Jennifer Rumancik ND, BSc

O: 604.428.4593

C: 778.244.8524

www.DrJenniferRumancik.com



Comprehensive health assessments with Vancouver's Naturopathic & BodyTalk® practitioner. Physical testing, private testing, energy work, Reiki, acupuncture, and homeopathy. Lifestyle recommendations through diet & exercise, nutritional supplements, and counselling.
Covered by most insurance companies.



Increase Attention, Focus,
Memory & Performance.
Optimize your Brain.
604-730-9600



Vancouver Neurotherapy Health Services

Improve your health, learning, memory, focus & IQ. Reduce ADHD, depression, insomnia, pain & other symptoms. Non-invasive, drug-free paramedical approach. Achieve your health & wellness goals today. We also offer HypnoBirthing workshops to help reduce pain & facilitate a calm & natural birth.
604-730-9600 www.bcneurotherapy.ca

There's nothing worse than things happening to you that you've planned. You want something that completely comes from the side to surprise you.

— Robert Lepage

MEDIA



Information to change the world

Free online library with 20,000+ articles, books and films about justice, freedom, and democracy. Focus on creating alternatives and working together for a better world. Plus social justice calendar, directory of groups and websites.
www.connexions.org

INTUITIVE ARTS

DR. ANNE MCMURTRY Channelled Readings, Reiki & Crystal Healing

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. **604-734-8219 VANCOUVER**

The constant happiness is curiosity.

— Alice Munro

NUTRITION



Lead author of Academy of Nutrition and Dietetics' current vegetarian position paper; and of award books on plant-based nutrition *Becoming Vegan: Comprehensive Edition*; *Becoming Vegan: Express Edition*; plus the very new *Kick Diabetes Cookbook*, all with Brenda Davis. Online & at bookstores.



Consultation with dietitian/author Vesanto Melina. (\$295 for 2-1/2 hours) includes personalized nutritional analysis; recipes; menu planning. For busy people; pregnancy; children, seniors.
vesanto.melina@gmail.com 778-379-5377
nutrispeak.com becomingvegan.ca kickdiabetescookbook.com

PSYCHOLOGY, THERAPY & COUNSELLING



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

YOU CAN OVERCOME LIMITING BELIEFS AND OPEN UP TO YOUR JOY!
Success Coaching
Hypnotherapy - Weight Loss, Stop Smoking, Athletic Performance, Blocks to Success/Fear of Failure, Age Regression, Anxiety, Phobias.
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect

with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
Most Ext.Med. plans reimburse psychologists' fees.
778-331-8860 | transformance@icloud.com
www.creativetransformations.ca



Therapy of the Whole Person

John Arnold Ph.D.

Therapist /
Counselor since 1975

604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it

is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and

resolved. If you are fed up and want to do something radical about your predicament, give me a call at 604-261-2788
email: johnarnold@shaw.ca
or visit my web page at
www.johnarnoldphd-reichianandyogictherapist.com

I only use my iPhone as a camera. I don't even know my number. I don't belong to this modern world and I'm out of it, but I don't want in.
— Joni Mitchell



Louise Evans

B.A., M.ED., C.H.T., R.C.C.

Hypnotherapy
& Counselling

Two hours for the price of one: past life regression and/or life between lives. Clinical hypnosis – treatment that's affordable, fast and effective. Extended health coverage. For issues addressed, see Sparkhypnotherapy.com
Phone 604.773.5595 or 604.522.0257

RESTAURANTS

EAST IS EAST

EXPERIENCE THE EAST
WITH YOUR TASTE BUDS

604-734-5881

Now at our new location

to 3035 West Broadway (Formerly Calhoun's)

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*
Visit our other location

4433 Main Street @ 28th 604-879-2020



"Great Food, Anytime!"
Open
24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. 604-738-7151.



Nutrispeak Vesanto Melina

HEALTH

Redefining protein quality

A new paper published by the American Society for Nutrition makes the case for modernizing the definition of protein quality. This is a welcome development. The current definition is outdated and fails to protect public health because it assesses how well various proteins meet human requirements based *solely* on digestibility and the content of essential amino acids. People may think this narrow definition is a good thing, but protein-rich animal products such as cured meats (ham, bacon, sausage, hot dogs, and so on) can get high protein quality ratings even though the World Health Organization has placed them in the same "convincing carcinogens" category as roundup/glyphosate, asbestos, and cigarette smoke. Red meat can also get a similarly high rating under the current definition, but is classified by the WHO as a "probable carcinogen". Moreover, the production of these foods has huge and devastating environmental impacts. In response, dietary choices are changing, feedlots are closing, meat subsidies are questioned, and Goldsmiths University in London, England, is banning beef from its menus.

To give an historical background, early research on protein, which began some fifty years ago, mainly used rats to provide the biological data. However, the protein needs of these small mammals are significantly different from those of humans. Baby rats double their birth weight

in 4 days and triple it in a few weeks. Humans are not meant to gain weight that fast – and do not want to! Rats also have fur, and growing fur uses specific amino acids. The research rats were only allowed a single food as their protein source, such as meat, egg, or wheat, rather than the mix that any animal or human would freely choose. The animals were slaughtered when experiments ended, ensuring that any long-term health impacts on the rats never came to light.

The limited parameters of this early research led us to undervalue plants as a quality source of protein for humans. Early research also found protein deficiency in some malnourished populations whose diets were mainly plant-based. It was later recognized that the real nutrition problem stemmed from lack of food variety (such as 80 percent of calories from unleavened bread, or from rice), and insufficient calorie intake. More recent research has clearly established that human protein and essential amino acid requirements are easily met by entirely plant-based diets.

A modernized definition of protein quality should therefore include:

- the concentration of protein and amino acids required to meet our human needs
- evidence of health outcomes
- potential environmental impacts.

Plant foods pack more nutrients into fewer calories. They promote a healthy gut microbiome, and are strongly associated with lower risk of chronic disease. And their environmental impacts and carbon footprint are *far* smaller.

References

Katz DL et al. Perspective: The Public Health Case for Modernizing the Definition of Protein Quality, *Adv Nutr.* 2019 May 8. pii: nmz023.

Davis B, Melina V. *Becoming Vegan: Comprehensive Edition*, Book Publishing Co.

O'Malley K et al. Vegan vs Paleo: Carbon Footprints and Diet Quality of 5 Popular Eating Patterns as Reported by US Consumers (P03-007-19). *Curr Dev Nutr.* 2019 Jun 13;3(Suppl 1). 4

Vesanto Melina is a Vancouver Dietitian and author of award-winning nutrition books. www.nutrispeak.com, vesanto.melina@gmail.com.

EVENTS

Saturday, September 21 at 7 pm Come to a Meatless Meetup event; share delicious foods www.meetup.com/Meatless-Meetup/events/ Sunday, **October 6, 11:30 am to 1 pm**. See Vesanto at Banyen Books



photo by Markus Spiske on Unsplash

Build your resilience!

We need to prepare for ecological collapse

by Fred Bass, MD

to build our general capacity to respond to these threats. This capacity is called resilience – the ability to bounce back from difficult, even extreme, circumstances.

Resilience exists at multiple levels: individual, household, community and ecosystem. Research has shown that resilience is demonstrated by ordinary people in extraordinarily challenging situations. Building resilience often involves going through stressful experiences.

So where do we start? As Bendell noted, we can begin by talking with one another.


With that in mind, I facilitated five, Eco-Resilience Workshops this year where participants gathered to share their thoughts, feelings, concerns and actions regarding ecological collapse. The workshops were free and kept to a maximum of 12 participants. My job was to ask questions to the group, allow time for each person to respond, and note participants' ideas on a flip chart. The responses were transferred to a blog.

People came to the workshops for a variety reasons: to think about ecological collapse, to learn from others, to share difficult feelings, and to connect to like-minded people. How collapse would impact participants and their feelings about these possible impacts covered a broad range.

To my surprise, participants generally felt positive, energized and empowered at the end of each of the five sessions. Though individual responses were diverse, the positive vibe was widespread. We are social beings and, when we work together in difficult situations, we often get rewarding results.

For each individual, a workshop is a one-time event, offered to help people clarify and face our critical situation. I believe that those who attended the Eco-Resil-

ience Workshops will go on to connect with others in order to participate in, and develop, ongoing projects that build personal and community-level resilience. With organizations committed to building resilience, I hope we can offer frequent Eco-Resilience Gatherings that would focus on different aspects of resilience.

I have recently learned of an exemplary model of community resilience. Local 20/20 is a community non-profit organization in East Jefferson County, Washington State. Local 20/20 has eleven Action Groups, including ones that address emergency preparedness, local economy, energy use, resiliency education and more (<https://l2020.org>). I hope that some people from Local 20/20 will visit Vancouver this fall or early next year to share their experiences and wisdom with us, perhaps as part of the first Eco-Resilience Gathering. 

EVENTS

The Eco-Resilience Workshops will resume in Vancouver this fall. To pre-register (a prerequisite to attend), please email: ecoresiliencecanada@gmail.com or call/text 604-657-1481



Fred Bass is a retired physician and epidemiologist, a former Vancouver city councillor, a facilitator of Eco-Resilience workshops, a spouse, father, grandfather; a Quaker, a Wednesday-night Zen Buddhist, a cyclist, and an aficionado of Mozart and Brazilian *chorinho*.

Ecological collapse is both threatening and overwhelming. Massive species loss, over-use of natural resources, ocean acidification, failing economic systems, widespread topsoil loss, and many more ecological losses are combining to impact all of us.

Many people hesitate to talk about the frightening situation, but as Professor Jem Bendell states with respect to climate change, "The longer we refuse to talk about climate, the less time we have to reduce harm." Scientific evidence points to impending ecological collapse, but no one can predict what, when, or how it might hit. Given this huge uncertainty, the best bet is

6-Weekend Shamanic Power Initiations Program

Vancouver, Calgary & Edmonton Programs begin fall 2019



Free Open House and Shamanic Power Initiation

Vancouver
Sept 19, Oct 17

Calgary
Oct 16

Edmonton
Sept 17

All Open Houses begin at 7:30 pm

Everyone Welcome! RSVP to info@shamanicmedicine.ca

www.shamanicmedicine.ca

Add spice to your life. Pick the wild one!

Wild Oil of Oregano

- 100% certified organic ingredients
- Oregano leaves picked in the Mediterranean wilderness
- High Carvacrol, High Life Force
- Keeps your immune system strong
- Helps with most conditions
- Internal and external usage
- Thousands of satisfied users

HeddyWyn Essentials
Wild Mediterranean Oil of Oregano

www.wildoilforegano.com

About bloody time

by Karen Pickering and Jane Bennett

We are going to tell you the story of menstruation and menopause from the perspective of thousands of women, but also situate it within a biological, political, social and cultural context.

We began by extensively researching the topic, building our own exhaustive literature review, about the experience of menstruation and menopause, here in Australia and overseas. We designed a major survey and, in the end, received over 3,000 responses. We asked about first periods, reflections on periods since. We asked about menopause. We asked how women obtained basic information about menstruation and menopause. We asked what would make things easier. We took the same approach throughout a series of 22 discussion groups with women and girls, in this case, across Victoria.

Reading the individual stories gave us a sense of the bigger picture but collating the data and producing statistics proved it categorically: we were shocked and not a little distressed by the clarity of what we found.

Girls and women find menstruation embarrassing and upsetting. So many women and so many girls report in the negative about their menstrual cycle, their experience of menopause, the state of their knowledge and understanding, the treatment accorded to them by others, and their feelings of ignorance, shame, awkwardness and humiliation.

How could it be that one of the most natural things in the world could be understood and experienced as gross and unmentionable? The views across generations were very similar too.

Period prejudice, it seems, is deeply ingrained and felt in a contemporary world of such relative sophistication and modernity. But with so many burning issues to capture our attention and occupy our minds, why is this one worthy of our energy and activist impulses, right now?

Firstly, it's long overdue. There has been a paucity of productive, open, honest conversations in the public sphere about menstruation and what it means for women as equals in our society. Many factors contributed to the impossibility of this until now. But the dam has broken. There is no way to justify a continuation of the secrecy, shame and stigma that women live with, as menstruators, in a world that denies their bodies and minimizes their power. The harm done to women because of this collective fear and loathing must come to an end.

Second, menstrual silence, shame, ignorance and awkwardness is not only counter to women's fundamental health and wellbeing, but also to the realization of their full human rights – to be able to avail themselves of the opportunities and resources in life, to live without discrimination; and to be able to participate fully and freely as citizens and consumers in their communities, work-

places and society at large. A world in which women are relegated and demeaned by negative attitudes concerning their bodies can never be an equal world.

A positive menstrual cycle

By developing and implementing a progressive and holistic menstrual awareness education program in schools, workplaces and government, we'll change the future for girls and women, and give boys and men the chance to fully support equality too. We have the slightly immodest but completely achievable goal of guiding the national conversation, revolutionising collective knowl-



edge of women's bodies and bringing about meaningful and lasting social change.

We are living in a time of real impetus and momentum when it comes to women's rights. The right to be free from violence, in our homes, workplaces and all public spaces. The right to equal pay for equal work. The right to have our unpaid labour recognised and valued. The right to empowered and fulfilling sex lives. The right to positive pregnancies, good births and supported motherhood. The right to equal representation and access to power. And the right to live in our bodies without seeing them as incorrect or substandard in any way.

A positive menstrual culture is a key to help us unlock so many of these seemingly intractable issues.

When girls are taught to see their bodies as incredible and powerful, we can break cycles of body hatred and low self-esteem. When women are able to inhabit their bodies with dignity and pride, they can make better choices for themselves, expect more from their relationships, and fully come into their power. Because it's about bloody time.

Large scale social change

Our research and writing for this publication were a gender and social-justice initiative funded by the Victorian Women's Trust and The Dugdale Trust for Women & Girls, with a special focus on the stated goal

of the latter: meaningful harm prevention for girls and women, especially as it pertains to menstruation and menopause. As the project evolved, and more and more women shared their experiences, the full extent of this harm became apparent, and what also became clear was the near total inadequacy of existing structures to mitigate and improve it. Despite the dedicated work of menstrual educators and activists in this space for decades, it became obvious that large-scale social change would be required to not only address the pervasiveness and harmfulness of the menstrual taboo, but to conceive of a new way: to liberate women and girls and allow them the right to a positive relationship with their menstrual cycle.

Seeing the truth

Equity is not inevitable but rather the result of relentless dedication and commitment on the part of change agents in the community – not only organizers, campaigners and activists but ordinary people working together to make our society better for everyone. We want to see more respect and understanding for menstruating (and menopausal) women and girls in every sphere of their lives, and that means we take our message everywhere; to governments and schools, to universities and hospitals, courtrooms and workplaces, to sporting clubs and unions.

This menstrual revolution, perhaps ironically, won't be bloody. Like all progressive social movements, it asks us to call on our better natures to see the truth of a former injustice, and it comes together as our way of getting to a future where we can all be liberated.

Revolution

When the whole of society sees women's bodies as dynamic, deserving of respect, and valuable in their own right, we will transform the world we live in. This is absolutely crucial to the broader project of achieving full gender equality. Contributing to that process; by helping girls and women to see their bodies as powerful and full of potential; is open to all of us. Breaking the deadlocks of shame, anxiety and fear, by connecting menstruation to vitality, health, integrity and dignity: this is what we mean when we talk about revolutionising menstrual culture.

The revolution has already begun and it's about bloody time. <

Feminist **Karen Pickering** and educator **Jane Bennett's** book *About Bloody Time* digs deep into the menstrual taboo: how it came to be and why it's so resilient. For more info contact Victorian Women's Trust, Level 9, 313 La Trobe Street, Melbourne, VIC 3000, Australia ph: 03 9642 0422 fax: 03 9642 0016 women@vwt.org.au www.vwt.org.au



COME CHECK OUT OUR NEW GRAND BUFFET

New
india

BUFFET BAR & RESTAURANT
901 West Broadway

Great for Office, Staff or Birthday Parties

Easy for all diet concerns with our excellent selection of over 70 delicious dishes.

Book a Reservation NOW! free parking

604-874-5800
www.newindiabuffet.com



APHRODITE'S
Café & Pie Shop
Organic Delights

One of Kitsilano's most loved spots for a hearty and nutritious breakfast, brunch or lunch

Open daily 9am to 3pm
(Pie Shop 9am to 9pm)
3605 West 4th Avenue
Vancouver, BC
604-733-8308
www.organiccafe.ca

Events

For rates & placements email
suzan@commonground.ca

SEP 17

We are all One Nation: Roma Addition to World Music. Presenting world renowned violinist, Lacke Cercel and his marvelous team of musicians. 7pm. The Cultch, 1895 Veneables, Vancouver. Tkt:\$37. <https://thecultch.com/events/we.are.all.one.nation/>

SEP 17

Robert F. Kennedy Jr.: Why Environmental Policy Equals Good Business Policy. A bold vision for the future in which energy independence & sustainable technology revitalize the economy. 11am-2pm. Sheraton Vancouver Guildford Hotel. \$175 each or \$1925 table of 11. To register: businesssurrey.com or 604-581-7130 (Surrey Board of Trade)

SEP 17 - OCT 17

Free Open Houses for the 6 weekend Shamanic Power Initiation Program. Sep 19 & Oct 17 Vancouver; Oct 16 Calgary; Sep 17 Edmonton. All at 7pm. Everyone welcome! RSVP info@shamanicmedicine.ca www.shamanicmedicine.ca

SEP 20 - OCT 18

Dream Yoga & Astral Travel: 5 Fridays, begins Sept 20, 7-9pm, Mt. Pleasant, Vancouver @ BC Gnostic Centre. Info/registration: gnosisbc.com 778-200-7471. Donation-based. Drop-ins welcome.

SEP 21

International Day of Peace: "Give Peace a Chance" Music, dance and talks. 12-5pm. Surrey City Hall 13450 104 Ave. FREE

SEP 21 & SEP 27

The Extinction Rebellion Vancouver with Sustainability Vanc and others: **SEP 21:** 11am-3pm. Peace Arch. **SEP 27:** 1-5pm. Vanc City Hall. Rally/ March to protect the livelihood of our citizens



EAST IS EAST
3035 WEST BROADWAY
IN KITSILANO

Silk & Spice

LIVE MUSIC
WWW.EASTISEAST.CA



SHAMANIC HEALING
WITH SHAMANIC PRACTITIONER
SONYA WEIR

(778) 227-2939
sonyaweir@uniserve.com
IN VANCOUVER www.eaglefireshamaniccoaching.com

& our natural world – or risk losing everything. To demand no more poisoning the land, water & air for profit. For September events: FaceBook page "Extinction Rebellion Vancouver"; or ecosocialistsvancouver.org; extinctionrebellion.ca

SEP 21 - NOV 9

Gnostic Psychology of the Chakras: 7 Saturdays, begins Sept 21, 10-noon (no meeting Oct 26th), Mt. Pleasant, Vancouver @ BC Gnostic Centre. Info/registration gnosisbc.com 778-200-7471. Donation-based. Drop-ins welcome.

SEP 26

Joel Kroeker: Jung-Music-Psyche. 6:30-8pm. FREE TALK at Banyan Books 3608 W. 4th Ave., Vancouver. www.banyan.com 604-737-8858.

SEP 27

Crystal Journey & Shine Edgar: Sonic Sound Journey 7:30-9:30pm. Canadian Memorial Church, 1825 W 16th Ave, Vancouver. \$30 at door. Presented by West Coast Tours.

OCT 4 - 6

A Celebration Day for Girls - FACILITATOR TRAINING: Join a global team of passionate women educating & empowering girls on their journey to womanhood. Held in a beautiful nature retreat setting near Hope, BC. Info/Reg: bit.ly/CDGFacilitatorTrainingCanada2019 www.celebrationdayforgirls.com Host: Rachel Pilgrim (Aust.) rachel@celebrationdayforgirls.com

OCT 6

Whole Food Plant-based - Making it Easy with Registered Dietitian Vesanto Melina, coauthor of award winning nutrition classics and the Kick Diabetes Cookbook. 11:30am-1pm. Free. Location: Banyan Books, 3608 W 4th Ave, Vancouver. www.banyan.com 604-737-8858

OCT 12

A Celebration Day for Girls. Life changing and relationship enriching program that supports the transition to womanhood. For girls 10-12 and their mother or female carer. In North Vancouver. Info/Registration: bit.ly/CelebrationDayforGirlsVancouver www.celebrationdayforgirls.com Host: Rachel Pilgrim (Aust.) rachel@celebrationdayforgirls.com

OCT 19

Snackluck: Reversing and Also Preventing Cancer. Talk with Tom and Maggie Brinton Sign up through meatless Meetup \$2 donation to Vancouver Cohousing, plus bring a vegan snack to share. 7pm. www.meetup.com/MeatlessMeetup/events/

NOV 16

Free Open House – Institute of Holistic Nutrition (Vancouver). Course/Career opportunities, exhibits, talks, door prizes and more. 9am-5pm. 604 W. Broadway, Suite 300. 604-558-4000

NOV 30 - DEC 1

Become a Certified Life Coach or Executive Coach: Hampton Inn & Suites, Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Register at 866-455-2155 or 403-389-1190 www.certifiedcoachesfederation.com

TUESDAYS

SongRise! 7:30-9:00pm Kits. Sing uplifting grooves, body-shakin' rhythms, heavenly harmonies. Series or single sessions. FREE INTRO Sep 24. Info and Fall Vocal Workshops: www.songrise.ca



THURSDAYS

Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Thursdays 7-8:30pm. False Creek, Vancouver. RSVP nadia@pureintentions.net


SATURDAYS

Welcome to the Teachings of Robert Adams. Recorded satsang, chanting & silence. In Vancouver. Host: Rudite Lasame 250-520-0336

Free Musical Jam: 8pm-midnight. British Ex Servicemen's Association, 1143 Kingsway. 778-883-9641 Kelly.

JOEL KROEKER
JUNG-MUSIC-PSYCHE
THU, SEP 26 | 6:30-8:00PM
FREE TALK AT BANYEN



VESANTO MELINA
BECOMING VEGAN
SUN, OCT 6 | 11:30AM-1PM
FREE TALK AT BANYEN
banyan.com 604-737-8858

Classified

For rates & placements email
suzan@commonground.ca

COUNSELLING

ART FOR CHANGE: CLINICAL COUNSELLING AND ART THERAPY. Sliding scale \$65-\$125/hr! Contact us for one-on-one sessions, groups and workshops. www.artforchange.ca, info@artforchange.ca

HEALTH

ANJU ACUTHERAPY: Acupuncture + Acupressure \$65 / 60min. Covered by Insurance, MSP and ICBC. (604)-352-5442 (Keiko). #201-3701 Hastings, Burnaby. www.anjuacupuncture.com

MULTIMEDIA DESIGN

FULL SERVICES: graphic design, websites, photography, explainer videos, video editing, writing, script development. You name it. Specializing in education, sustainability, music. Call Peter. Two by Four Media: pbsky@telus.net

MUSIC


SongRise! SING UPLIFTING GROOVES, body-shakin' rhythms, heavenly harmonies. Tuesdays 7:30-9:00pm Kits. (Series or single sessions.) FREE INTRO Sep 24. Info and Fall Vocal Workshops: www.songrise.ca

SHAMANIC HEALING

SHAMANIC HEALING AND COACHING: Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups, Drum journeys, Book of Life readings, chakra balancing, karma releasing. See testimonials on website. sonyaweir@uniserve.com 778-227-2939. www.eaglefireshamaniccoaching.com

WELLSPRING BOWEN THERAPY

BACK/HIP/NECK PAIN, MIGRAINES, knee & foot issues, stress, IBS & more; Bowen can help. First 3 sessions \$149 + gst. Limited time offer. www.wellspringbowen.com, 604-727-0262.



Spiritual Psychology
Meditation, Dream Yoga
Practical Mysticism
gnosisbc.com
778.200.7471

Explosives used on 9/11 say commissioners

by Craig McKee

For the first time ever, an elected body in the United States is stating that it is “beyond any doubt” that explosives – not plane impacts and fires alone – destroyed the *three* World Trade Center towers on Sept. 11, 2001.

Commissioners from the Franklin Square and Munson Fire District, located near Queens, New York, unanimously passed a historic resolution on July 24 that calls for a new investigation into all aspects of 9/11 and which cites “overwhelming evidence” that explosives were planted in all three towers prior to 9/11. The resolution states that the district’s Board of Fire Commissioners “fully supports a comprehensive federal grand jury investigation and prosecution of every crime related to the attacks of September 11...”

“It was a mass murder,” Commissioner Christopher Gioia said in an interview. “Three thousand people were murdered in cold blood.” Gioia, who wrote and introduced the resolution, says the toll on his department from the events of that day has been devastating. Members Thomas J. Hetzel and Robert Evans died at Ground Zero on 9/11. Others, including commissioners Philip Malloy and Joseph Torregrossa, have become ill from exposure to the toxic air during rescue and recovery operations. “We’re not leaving our brothers behind,” Gioia said. “We’re not forgetting about them. They deserve justice, and we’re going to see that justice is done.”

Ever since a friend alerted him several years ago to the seemingly inexplicable collapse of Building 7, Gioia has poured his passion and time into researching the subject. He found that despite there being only small and isolated fires on just a few floors, the 47-storey building came down symmetrically, into its own footprint, in just under seven seconds on 9/11.

The official investigation into the collapse was conducted by the National Institute of Standards and Technology (NIST) — an agency under the U.S. Department of Commerce — which somehow concluded that normal office fires were responsible for the failure of the structure. But the findings of independent 9/11 researchers working with Architects & Engineers for 9/11 Truth (AE911Truth) later forced NIST to admit that the building came down at free-fall for at least one-third of its seven-second fall. This is something that could only happen if all the supporting columns failed virtually simultaneously. Despite this admission, NIST sticks to its original conclusion.

Gioia decided to take action when he learned that the Lawyers’ Committee for 9/11 Inquiry had submitted to Geoffrey Berman, the U.S. Attorney for the Southern District of New York, a petition containing powerful evidence that contradicts the official 9/11 story. Berman agreed to comply with the law requiring him to impanel a special grand jury to examine this evidence. Although he may not yet have followed through, the Lawyers’ Committee continues to apply pressure.

University study confirms fires not the cause

The fire district resolution is not the only dramatic development on the 9/11 front in recent days and weeks. In March, a joint federal lawsuit was launched against the FBI by AE911Truth, the Lawyers’ Committee, and family members of 9/11 victims. It contends that the agency has failed to perform a congressionally mandated assessment of 9/11 evidence known to it that was *not* considered by the 9/11 Commission.



Building 7 became rubble in less than seven seconds: UAF study says fire not the cause.

And perhaps the most powerful step forward came on Sept. 3 with the long-awaited release of the ground-breaking Building 7 Study (*A Structural Reevaluation of the Collapse of World Trade Center 7*) by the University of Alaska Fairbanks (UAF). The four-year study, conducted by Dr. Leroy Hulsey, Ph.D., and two other researchers, is a “finite element analysis” that uses computer modelling based on the original blueprints for the building. Its purpose is to determine whether the official explanation for Building 7’s destruction stands up. It doesn’t.

The executive summary of the study states: “... fires could not have caused weakening or displacement of structural members capable of initiating any of the hypothetical local failures alleged to have triggered the total collapse of the building, nor could any local failures, even if they had occurred, have triggered a sequence of failures that would have resulted in the observed total collapse.”

This leads Hulsey and his colleagues to this: “It is our conclusion based upon these findings that the collapse of WTC 7 was a global failure involving the near-simultaneous failure of all columns in the building and not a progressive collapse involving the sequential failure of columns throughout the building.”

The Hulsey study will be unveiled at events in Fairbanks, Alaska, and Berkeley, California, over the next few days. Comments on the draft study will be welcomed until the end of October, after which a final version will be released.

This is just the latest major move to spread the truth about 9/11 to a much wider public and to get justice for those who died both that day and in the subsequent wars that were launched using 9/11 as justification.

“I would say to anybody who believes in this country that it’s time to make a stand; you can’t let this go,” Gioia says. “Because if they’re going to murder 3,000 people, what are they going to do next?” ❏

For more information on the evidence, see websites of Architects & Engineers for 9/11 Truth (www.ae911truth.org) and the Lawyers’ Committee for 9/11 Inquiry (<http://lcfor911.org>). See text of the fire district resolution at <https://bit.ly/2ID9Dn> and the Building 7 Study at www.ae911truth.org/wtc7. **Craig McKee** is an award-winning Montreal journalist who has contributed to numerous publications over the past 30 years. He is a writer for AE911Truth as well as creator of the website Truth and Shadows (truthandshadows.com).



Healing through yoga.

YOGA THERAPY FOR INTEGRATIVE HEALTH CERTIFICATE PROGRAM

The Certificate in Yoga Therapy for Integrative Health is designed to prepare graduates to be independent and successful health care professionals. Upon completion, students will have the skills to teach therapeutic yoga classes and conduct one-to-one yoga therapy sessions to support community and individual physical and mental health care needs. With 800 hours of professional training, graduates have the potential to become leaders in this emerging field of complementary health care and trauma informed yoga therapist training.

Learn more.
langara.ca/yoga



Awaken your hidden potential.

ADVANCED INTEGRATIVE ENERGY HEALING™ CERTIFICATE PROGRAM

Integrative Energy Healing™ bridges western science, transpersonal and multicultural perspectives, eastern yogic views of self, and subtle energy healing. This transformational approach to promoting health and preventing disease explores the human body's energy fields and facilitates wellness for body, mind, and spirit. The Advanced program presents a unique approach to healing. The emphasis is on seeking higher levels of self-mastery, spiritual development, and life purpose. Inner reflection and awareness dialogue strategies are combined with healing techniques that support whole person well-being. This program features supervised clinics within regional health authority sites, research opportunities, and local internships.

Learn more.
langara.ca/ieh

snəwəyət leləm.

THE COLLEGE OF HIGHER LEARNING.

Langara.

THE COLLEGE OF HIGHER LEARNING.